

Legumes: high-fiber, high-protein beans, peas and lentils ... great in tortillas, chili or as a side.

Berries: rich in antioxidants and fiber.

Add to cereal, pancakes, yogurt or granola.

2



Cold-water fish such as salmon, mackerel and herring: Eat as an entrée at least twice a week.

3

HEALTHY
TOP TEN



Olive oil: It contains healthier mono- and poly-unsaturated fat. Use it in place of other cooking oils.

5

4 Apples: Crunchy, sweet and juicy, apples are healthiest with skin on.

Foods
that Boost
Your Health

Nuts and seeds: especially walnuts, almonds, pecans, pistachios or flaxseeds. Add to salads or snack on a small handful.

6

Spinach: full of vitamins, minerals and antioxidants ... may boost eye health, bone strength and help prevent colon cancer.

7

Broccoli: It's packed with vitamins A and C, selenium and antioxidants ... good for healthy cell development and disease prevention.

8

Foods in which you get a larger portion size with fewer total calories ... **fruits and vegetables** are **top choices.**

10



9 Whole grains: good for reducing your risk for heart disease, stroke, cancer, diabetes and obesity.

